

# Fairfax County School Health Promotion January Morning Announcements

## January Energy Train: 60 Minutes for Better Focus!



## Announcements (Elementary)

### One-student dialogue:

Did you know that your attention span is equal to your age in years? That means that a 10-year-old may need what is called “a brain break” after every 10 minutes of serious work time.

Here are some ideas of things we may be able to do during the school day:

- Teachers can plan a stretch break: every hour stand up and stretch for 2 minutes. Stretching helps us stay focused!
- Do jumping jacks.
- Pretend to swim with your arms while sitting down.
- Jog in place.
- Pretend to jump rope in place.

Our bodies were made to move. Just 15 minutes of exercise, 4 times a day will make you feel better and do better in school!

Physically active students are more focused. Sixty seconds of exercise gives students 60 minutes of focus!

{End}



## Two-student dialogue:

Good Morning, this is your wellness wake-up call.

Student 1: Did you know that you need 60 minutes of exercise a day for at least 5 days a week to stay healthy?

Student 2: Yes, I heard that it helps us to do better in school and improve our grades!

Student 1: 60 minutes seems like a lot, how do you do that when we are in school all day?

Student 2: Actually, it is pretty easy, it doesn't have to be done all at once, and you can do it in 10-15 minute bursts.

Student 1: I guess you're right and if we have PE in school and go out to recess that all counts!

Student 2: Yes, and when I go home I try to get my friends or family to go out and ride a bike, kick a soccer ball or even take a walk!

Student 1: That is a great idea – so let's all try to get 60 minutes of exercise at least 5 days a week!

{End}

